

my expert
midwife.

ESSENTIAL STEPS
7
TO EXPERTLY CARE FOR YOUR BABY'S SKIN



As midwives we know the best thing for your baby's skin is you, but did you know that your baby's skin is more sensitive and needs a careful and gentle introduction to the outside world once they are born?

A baby's skin is thinner and loses moisture more easily than an adult's does, so is more prone to becoming dry and irritated. They are also developing their own unique skin flora and microbiome which will help protect them from infections and diseases in the outside world.

To help care for your baby's skin from birth follow our 7 essential steps to expertly care for your baby's skin.



STEP
1

Prepare to have skin-to-skin contact with your baby at birth by writing this in your birth plan



STEP
2

Have skin-to-skin straight after the birth to encourage their skin flora and microbiome to develop (your partner can do this too)



STEP
3

The first few days - use a bowl of water to clean your baby's face and bottom (top and tail)



STEP
4

The first few weeks - bath your baby a maximum of 2-3 times a week unless visibly dirty



STEP
5

Always use the mildest products and moisturise after bathing to keep skin healthy and hydrated



STEP
6

Protect your baby's skin by having skin-to-skin contact daily as often as possible



STEP
7

After 3 months you can start to use carefully selected essential oil blends to settle + soothe your baby

midwife developed natural skincare, to help you expertly care for your baby's skin



www.myexpertmidwife.com